

(Breakthrough, March 1983)

EXPERIENCE WITH SURGICAL TAPES

by David Edgar, Ed.D.

When I learned I had skin cancer and needed surgery I decided to use the *MIAS Emergency Treatment* tapes. [Now available as the *SURGICAL SUPPORT SERIES*.] I was unable to provide for adequate monitoring of the effect of the tapes because of the rapidity of events. But what did happen is quite positive from the point of view of Bob's tapes.

9-14-82 - Entered Surgeons Clinic at 9:30AM: Given local injection (10 to each single area of extraction) and had tissue removed from nose and upper lip. Cutaneous injections were extremely painful. Had prepared myself with the *PRE-OP* tape the night before and began *INTRA-OP* tape prior to surgery. With the Sony player at my belt, I was able to maintain continuous playback of the tape by turning it over. Surgery was in five sessions of 45-60 minutes each, separated by wait periods of similar intervals while the tissue extracted was biopsied. Injections were renewed prior to each surgery session. Therefore, the tape was utilized from 9:30AM until 5:30PM on this date.

9-15-82 - Entered Doctor's Hospital as outpatient at 9AM. I was then prepped and entered surgery for reconstruction. I was given a powerful tranquilizer combined with injections to facial nerves. I had prepared myself by using the *RECUPERATION* tape the night before as a means of entering sleep. I began the *INTRA-OP* upon entering surgery, which lasted 90 minutes. Again I played the tape continuously by turning it over. As I was moved from the operating room I began the *RECOVERY* tape and fell asleep. Awakened with Bob's voice from the tape, I went home to my sister's house to recover. Began the *RECUPERATION* tape there and slept. I played this tape for naps and sleep and when awakened in early morning to resume sleep over a ten day period.

Comments - I don't think I could have made it through the first day of extraction without the *INTRA-OP* tape. The pain was from the injections and it was intense. Both nurse and doctor said I was one of their best patients and that the tapes must be working. I know the tape was designed for patients under general anesthesia, but it did work well. I felt the tape needed more supporting vocalization for the patient under local anesthesia and fully awake. The most meaningful part of the tape was Bob's comment that I was not alone. I'm sure the surgeon wondered why I burst into tears at this point. For me, at this point, it was critical. I had only one blood pressure test prior to surgery. I tend to be high, but was normal at this time. I was trying to maintain the balanced meditative state, but could not achieve it during the times of injection. I could, however, regain it during surgery and waiting.

During reconstructive surgery I was assisted by the tranquilizer to maintain a meditative state. The tapes were not critical, but were so supportive that I would not consider being without them. I was quite surprised that I followed Bob's suggestions to emerge from the effects of the tranquilizer. I realize this was designed to follow general anesthesia, but it left me strong and quite awake and without the effects of the drug. I was able to dress and leave immediately, walking to the car and into the house.

The *RECUPERATION* tape enabled me to remain calm during the shock periods, which were the second and third days following surgery. I was depressed at this time, but had no difficulty sleeping with the tape. If I awakened, I simply turned the tape over and rewound it and then replayed it. My suggestion is that this tape should be recorded on both sides so it can be played during the night without rewinding.

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